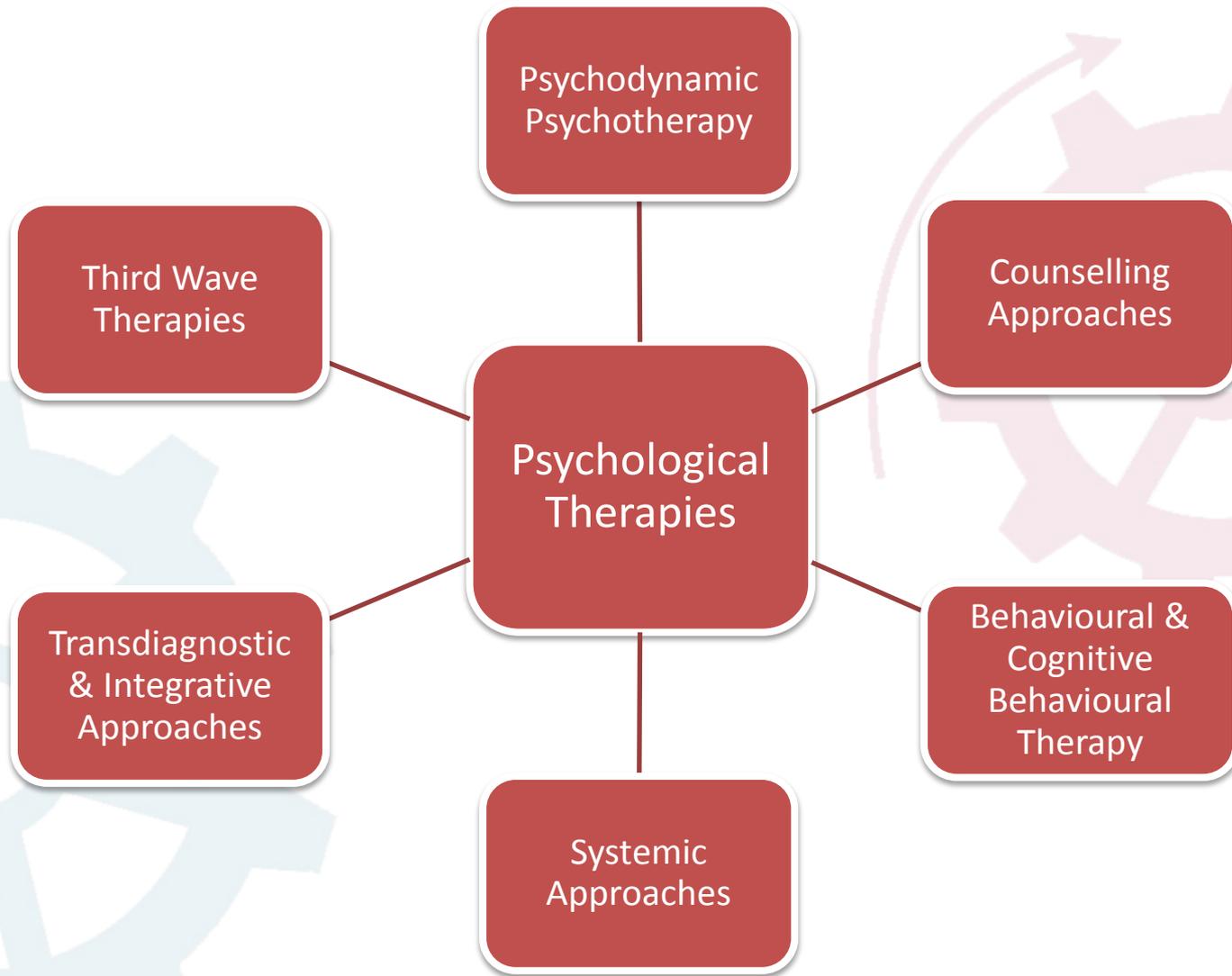




Introduction to Psychological Therapies

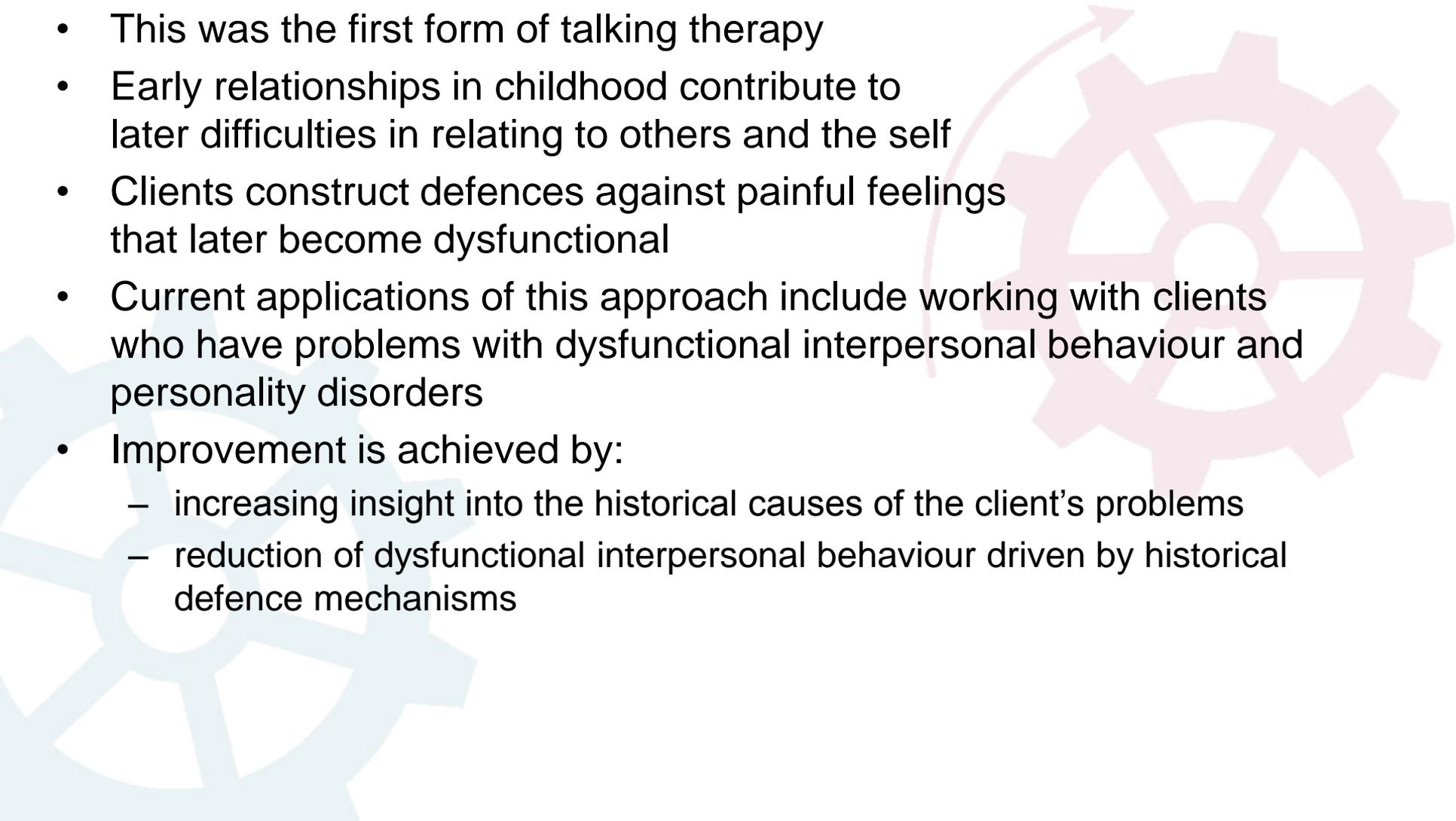
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Joint Associate Director of Psychology
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Overview of Psychological Therapies



Psychodynamic Psychotherapy

- This was the first form of talking therapy
- Early relationships in childhood contribute to later difficulties in relating to others and the self
- Clients construct defences against painful feelings that later become dysfunctional
- Current applications of this approach include working with clients who have problems with dysfunctional interpersonal behaviour and personality disorders
- Improvement is achieved by:
 - increasing insight into the historical causes of the client's problems
 - reduction of dysfunctional interpersonal behaviour driven by historical defence mechanisms



Counselling Approaches

- Person-centred counselling - developed by Carl Rogers originated from the humanistic movement of the 1960s
- This approach emphasises the use of a warm, genuine therapeutic relationship to encourage change
- Current applications include primary care counselling services for clients with adjustment difficulties who have faced difficulties with loss, change or major life decisions.
- Improvement is achieved by enabling clients to find self-empowering solutions to their problems within a trusting safe therapeutic environment

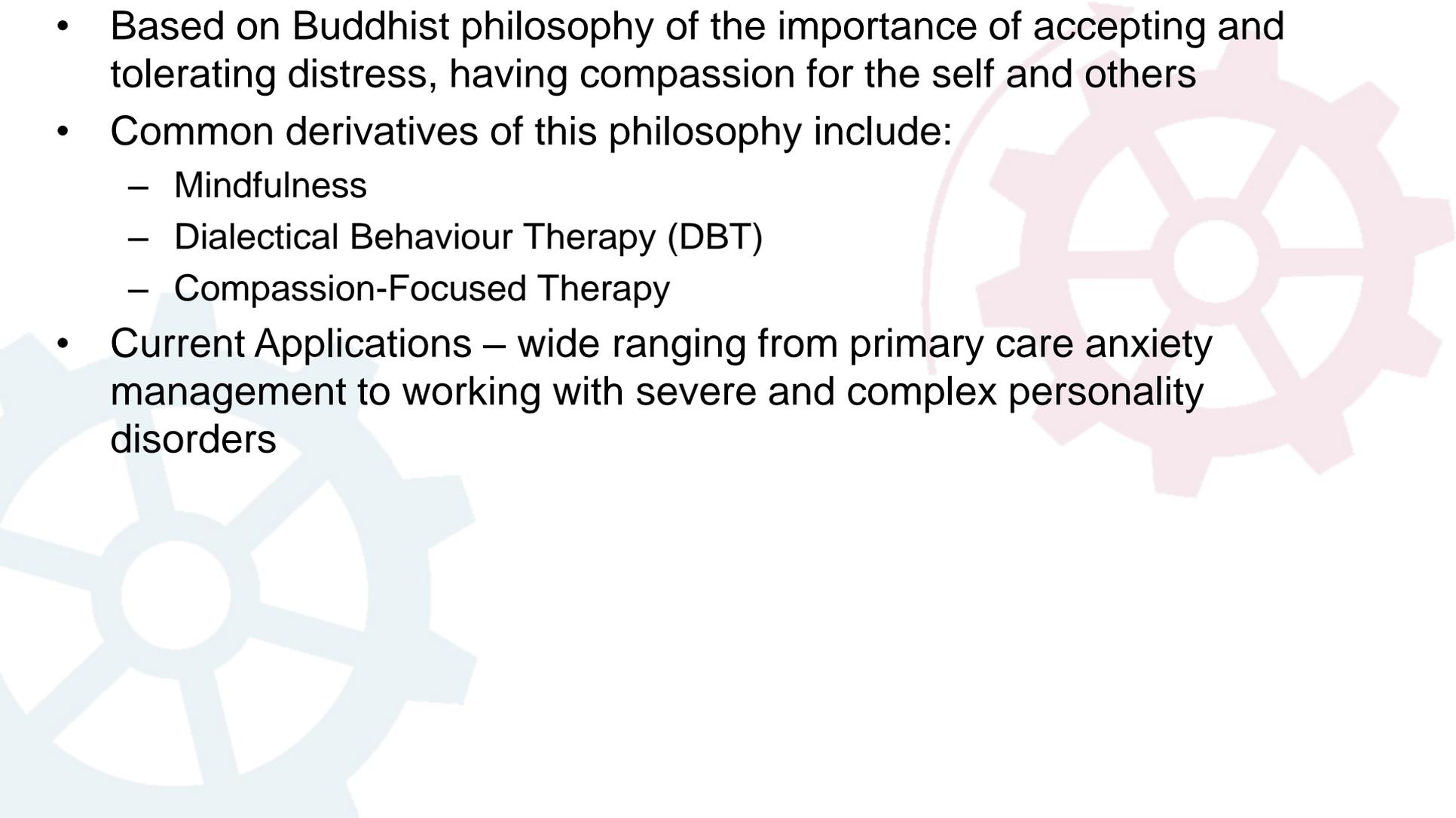
Behavioural & Cognitive Behavioural Therapy

- 1960s and 1970s 'Behaviourism' and learning theory led to use of exposure-based behavioural therapy for anxiety, trauma and other mental health difficulties
- The 'cognitive' element of CBT based on the idea that negative thinking patterns maintain emotional problems such as anxiety and depression
- Challenging negative thinking along with exposure to feared situations helps to resolve emotional distress
- Current applications:
 - common mental health problems such as depression and anxiety
 - trauma symptoms (PTSD)
 - eating disorders
 - psychosis

Systemic Approaches

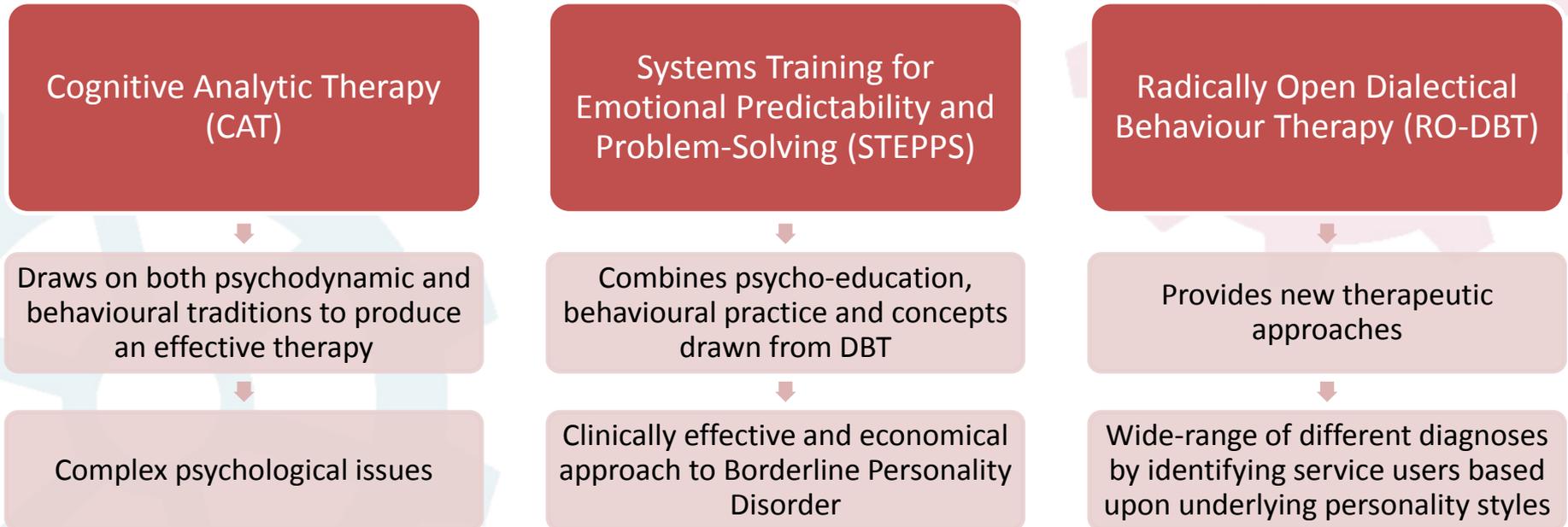
- These approaches were developed in the 1950s working with schizophrenia
- Based on the idea that symptoms and problems within individuals are often caused by factors in the client's surrounding environment e.g. family or community - "no man is an island"
- Modern versions include concept of "social constructionism" – influenced by the humanistic movement: respecting the client's viewpoint as experts on their own reality over and above the objectivity / expertise of the therapist
- Current Applications - a mainstay in work with children and families (e.g. systemic family therapy)

Third Wave Therapies

- Based on Buddhist philosophy of the importance of accepting and tolerating distress, having compassion for the self and others
 - Common derivatives of this philosophy include:
 - Mindfulness
 - Dialectical Behaviour Therapy (DBT)
 - Compassion-Focused Therapy
 - Current Applications – wide ranging from primary care anxiety management to working with severe and complex personality disorders
- 

Trans-diagnostic & Integrative Approaches

- A variety of new approaches have been developed that take the best of the traditional approaches and develop them in more effective and sophisticated ways.



DWMHT - current approaches

Psychological Therapies touches every aspect of our operation. It is practiced in every service line and informs our clinical approach to service users from the cradle to the grave.

It is delivered by:

Psychologists
Nurses
Medical Staff
Social Workers
Counsellors, Support
Workers
Occupational Therapists
Care Coordinators

Face – to face and in
groups

We practice:

Behavioural approaches
Cognitive Behavioural Therapy
Counselling approaches
Compassion A Therapy
Dialectical Behaviour Therapy
RO-DBT
EMDR
Solution-Focused Therapy
Mindfulness CBT
Schema Therapy
STEPPS
Psycho-educational Approaches
Family Therapy
Psychodynamic Psychotherapy

And we also:

Provide training
Develop outcome
measures
Clinical supervision
Research

Develop innovative
materials such as the
Reinforcers' Guides,
Dementia Workbook, Self
help guides and
Mindfulness CD

DWMHT – the future

- ❑ We will continue to improve access to psychological therapies for the people of Dudley and Walsall through innovative, evidence-based and effective interventions
 - STEPPS has vastly increased access to psychological interventions and reduced waiting times for people with Bipolar Disorder
- ❑ We are bringing psychological expertise to bear on the development of intrinsically psychological values for our organisation
- ❑ We are organising psychological interventions to ensure the most effective use of our expertise and experience
- ❑ We are working with our partners in Social Care through the development of innovative ways to calculate personalisation budgets and assess outcomes simultaneously
- ❑ We are blurring the traditional boundaries between hospital and community care to ensure seamless and holistic experiences for service users
- ❑ We are basing everything that we do on the newly emerging science of compassion

